

Confirmation Information:

You should receive a confirmation from the Office of Minority Health, Indiana State Department of Health, within 10 days of our receipt of your registration form. If you do not receive a confirmation, call 317. 233.8499.

Confirmed registration includes: admission to the conference and exhibit area, free lunch and break snacks, conference materials, and information and supplies to help you manage your diabetes!

Light of the World Christian Church
4646 North Michigan Road
317.254.5922 x506

Free Parking is available at Light of the World Christian Church.

Light of the World Christian Church is handicap accessible.

FROM I-69 S or SR 31 S:
Take I-465 W to Michigan Rd
Exit South on Michigan Rd

FROM I-74 E:
To 465 N to 38th St. exit.
East on 38th to Michigan Road (at cemetery)
North on Michigan

From SR 37 N or SR 31 N (on Southside)
37 N to I-465 E.
East to 65 N exit. I-65 N to 29th/30th St. exit.
Cross 29th St to next light (30th St-30th is one way west).
West on 30th St to Martin Luther King, Jr. Dr.
North on MLK (it becomes Michigan Rd after 38th St)

FROM I-70 E or W:
I-70 E to 65 N I-65 N to 29th/30th St. exit.
Cross 29th St to next light (30th St-30th is one way west)
West on 30th St to Martin Luther King, Jr. Dr.
North on MLK (it becomes Michigan Rd after 38th St)

FROM I-65 (from the north):
I-65 S to Martin Luther King, Jr. exit.
North on MLK (it becomes Michigan Rd)

FROM I-65 (from the south):
I-65 N to 29th/30th St. exit
Cross 29th St to next light (30th St-30th is one way west)
West on 30th St to Martin Luther King, Jr. Dr.
North on MLK (it becomes Michigan Rd after 38th St)

FROM I-74W:
Take 465 E to I-70 E
Follow I-70 directions

“Too Sweet For Your Own Good” Conference
Office of Minority Health
Indiana State Department of Health
2 North Meridian Street 2-K
Indianapolis, IN 46204



“TOO SWEET FOR YOUR OWN GOOD”

Managing Diabetes A FREE Patient Education Program

Saturday, November 13, 2004
Light of the World Christian Church
4646 North Michigan Road
Indianapolis, Indiana

Sponsored by:

Bayer HealthCare, Diagnostics Division
Citizens Health Center
Diabetes Control Program, Indiana State Department of Health
Marion County Health Department
Minority Health Coalition of Marion County
Novo Nordisk Pharmaceuticals, Inc.
Office of Minority Health, Indiana State Department of Health

Diabetes Control Means A Longer and Better Life

Take control of your diabetes. Keeping blood sugar levels as close to normal as possible is beneficial. Lowering blood sugar can greatly reduce your risk of:

- β Eye disease & Blindness
- β Kidney Failure
- β Nerve disease & Amputation
- β Heart (artery) disease & Stroke
- β Mental Decline (cognitive impairment)

Your long-term health will depend on how you manage your diabetes. All people with diabetes need to learn self management strategies to maintain the highest quality of life possible.

This free conference has been developed to provide information to help you manage your diabetes and increase your chances of a healthier life.

The targeted audience will be persons with diabetes and their families.

Breakout Sessions

1. “Ready, Set, Go!” *How to get Started Managing Your Diabetes*
Presented by Yvonne Ramey RN CDE, and Stacey Stuart RN CDE. Sponsored by Bayer HealthCare.
2. “This Little Piggy”: *Caring for Your Feet*
Sponsored by Damon L. Smith, Healthy Feet LLC. Foot Screenings provided by Citizens Health Center.

3. “Monitoring for Management” *Your glucose meter is your speedometer for diabetes control. Are you over the ‘legal’ limits?*

Presented by Linda Bailey, RN CDE, Bayer HealthCare, Diagnostics Division and Janet Shipp, RN, CDE, Marion County Health Department. Sponsored by Bayer HealthCare, Diagnostics Division.

4. “A Private Matter” *Men’s Health (Erectile Dysfunction)*

Presented by Dr. Andrew Moore, Urologist Specializing in Men’s Health. Sponsored by Bayer HealthCare.

5. “Sweet Tooth” *The relationship between oral health and diabetes*

Presented by Daniel Purvis, DDS, Indiana Dental Centers.

6. “Girlfriend, It’s All About You!” *Diabetes and Women’s Health*

Presented by Mercy Obeime, M. D., St. Francis Neighborhood Health Center.

"Too Sweet for Your Own Good" Third Annual Diabetes Education Conference Saturday, November 13, 2004

7:30 - 8:00 a.m. Registration

8:00 - 8:15 a.m. Welcome

8:15 - 8:45 a.m. Opening Session
Let’s Get Moving
George Britton,
Body Dynamics

8:45 - 9:30 a.m.

General Session
“I Can See Clearly Now!” Preventing Diabetic Retinopathy
Maureen Golden,
Vice President of Prevent Blindness Indiana

9:30 - 9:45 a.m.

Morning Break
(Exhibits Open)

9:45 - 10:30 a.m.

Breakout Session #1
(Select One Session)

10:45 - 11:30 a.m.

Your Kidneys: It’s All About Function
Cindy Gilbert, RN,
MSN, CNN National Kidney Foundation of Indiana, Inc

11:30 - 1:00 p.m.

Lunch and Learn
Chronic Disease Self Management Program

1:00 - 1:45 p.m.

Breakout Session #2
(Select One Session)

1:45 - 2:00 p.m.

Afternoon Break
(Exhibits Open)

2:00 - 3:30 p.m.

Keynote Address:
Know Your Healthy Steps Ernest Asamoah, M.D.

Plus Fun, Games and Prizes

Exhibitor's Area Open 8:00 a.m.-4:00 p.m.

Conference Registration Form

Please complete all requested information and mail form(s) in the enclosed postage paid envelope. Forms with multiple names will not be accepted. Each person registering for the conference will need a form (copy forms as needed). Registration must be received by Friday, October 29, 2004. The conference is free and will include lunch, all breaks and conference materials.

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Home #: _____

Work #: _____

E-Mail @: _____

Special Accommodations: _____

Conference Breakout Sessions:
Select two (2) sessions (circle the corresponding number)

Is this your first time attending this conference?
☐ yes ☐ no

1. Ready, Set, Go English _____ Spanish _____

2. This Little Piggy English _____ Spanish _____

3. Monitoring for Management
English _____ Spanish _____

4. A Private Matter English _____ Spanish _____

5. Sweet Tooth English _____ Spanish _____

6. Girlfriend, It’s All About You
English _____ Spanish _____

We will try to accommodate you with the sessions you have selected.

Forms may be faxed to: The Too Sweet For Your Own Good -- Managing Diabetes Conference (317) 233-7943